

CALIFORNIA STATE DEPARTMENT OF PUBLIC HEALTH

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BERTRAM P. BROWN, M.D., Director

Weekly Bulletin



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State Office Building, 217 West First
Street MADISON 1271

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GUY P. JONES
EDITOR

The Prevention of Food Poisoning

During the summer months, when the greatest difficulty is experienced in the proper refrigeration of foods, cases of food poisoning are more likely to occur. It is of the utmost importance that extreme care be exercised in the handling and preparation of all foods during warm weather. The United States Navy Bulletin has published eleven rules for the prevention of food poisoning, and because of their concise form and the clearness with which they are drawn up, they are presented here:

1. It must be presumed that all food is contaminated with bacteria, and their growth to a dangerous degree can be prevented either by continued cooking, or by placing in a refrigerator immediately following the cooking.
2. Contaminated foods usually are not changed in appearance, taste, or odor.
3. Frozen foods should be thawed in a refrigerator whenever possible.
4. To insure quick cooling, warm foods, ground or cut up, should be refrigerated in shallow pans, otherwise the warmth in the center of the mass will act as a media for bacterial growth.
5. If boiled ham is to be served it should be cooked, sliced and served while hot. If cold ham is to be served, it should be refrigerated immediately after boiling or baking and sliced just before serving.
6. Hash should not be served if the ingredients are prepared the night before or even several hours before it is to be cooked and served.

7. Any food having a high protein content, if improperly handled, may result in food poisoning. Among this group are: cooked or processed meats, meat products, gravies, fish, shell fish, spaghetti, macaroni, custards and puddings.
8. Fresh fruits and vegetables should be thoroughly washed before using.
9. Kitchens should be kept free of insects, rodents and dust. All foods should be covered, whenever possible, to prevent contamination.
10. Utensils should be kept scrupulously clean.
11. Food handlers should thoroughly wash hands and arms after each visit to the toilet. Infections of fingers or hands frequently result in contaminated food products with subsequent outbreaks of food poisoning.

BEACH SANITATION

An investigation was made during April into conditions on the following beaches: Half Moon Bay, Montara, Moss Beach, Rockaway, Salada, Sharp Park, Cliff House to San Mateo County line, Bolinas, Stinson, Muir, Hollywood by the Sea, Hueneme, Ventura and San Francisco Bay beaches from San Leandro to Richmond. The ocean beaches were in good condition, with very little drift material noted. The bay beaches, in most cases, were heavily polluted with sewage and drift.

BACTERIOLOGICAL LABORATORY REPORT

Following is a summary of diagnostic procedures performed in this laboratory during April:

Slides prepared and examined for the diagnosis of diphtheria, tuberculosis, gonorrhoea, malaria, rabies, culture identifications	4,269
Plate cultures made, examined and selected colonies transplanted during examination for typhoid, paratyphoid, dysentery, food poisoning, plague, unknown determinations, etcetera	418
Culture tubes inoculated (fluid and solid media) for testing sugar reactions and other cultural characteristics during identification of unknown cultures isolated in blood, stool and food examinations and sent in by other laboratories	549
Animal inoculations for virulence tests, Kellogg tests, tuberculosis of kidneys, meningitis, standardizing vaccines, making immune serums, etcetera	729
Complement fixation tests, principally for syphilis, but also for identification of cultures and immune serums	3,811
Precipitation tests, principally for syphilis	16,303
Agglutination tests, each one involving the making of eight different serum dilutions, centrifuging and examining; required for Widal tests, for typhoid, undulant fever, typhus, tularemia and for identification of cultures, etcetera	535
Cell count	1
Total of procedures	26,615
Number of cases represented	13,786

FLOOD-DAMAGED FOOD STUFFS

A lot of prunes comprising 1,400,000 pounds damaged in spring floods was quarantined during April. The dried fruit was inundated for more than 14 hours, leaving the product heavily coated with silt and mud. Prompt action by the owners resulted in the loss of only a small portion of the lot. Salvage operations consisted of immediate washing and dehydration.

VINTAGE WINE REGULATIONS

The outstanding activity of the Bureau of Food and Drug Inspection during the month was the final establishment and promulgation of new rules and regulations pertaining to the rigid enforcement of standards for California vintage wines. The new regulations, which became effective April 15, require that all vintage wines be certified by this bureau, and shall be under the supervision of the bureau at all times. This will halt the former practice of selling California wines of misrepresented vintage throughout the country. The program has met with unusual favor by the members of the California wine industry, who are backing it, and who feel that these activities will definitely increase the quality and demand for bona fide California vintage wine, thus establishing California as a distinct vintage area to be compared with those of other parts of the world, such as Champagne and Moselle regions of France.

TRENDS IN PUBLIC HEALTH NURSING

In an article under the above title by Dr. Walter M. Dickie, Director of the California State Department of Public Health, published in the June issue of the Pacific Coast Journal of Nursing, he stated:

"At the present time, more public health nurses are employed in California than ever before in the history of the State. No less than 1,259 nurses were engaged in public health nursing on January 1, 1940. However, this number does not adequately meet the needs, as there is approximately only one public health nurse to every six thousand persons in the State. It is estimated that one nurse can provide an effective general public health nursing service to about two thousand people. This standard has been reached by few cities, but if it were to be established for the whole country the number of public health nurses employed would have to be increased threefold. The United States Public Health Service, under date of January 1, 1939, reported that 23,029 public health nurses were employed in the United States and in the territories of Hawaii and Alaska: Of these, about one-third were employed in local nonofficial agencies, and almost one-sixth in local boards of education. On January 1, 1939, there were 780 counties in the United States that had no rural public health nursing service.

"Since the State Department of Public Health established its public health nursing service in 1937, the public health nursing activities of the Department have been coordinated, advisory and consultant service have been offered to other agencies, and an educational program for public health nurses throughout the state has been inaugurated."

WESTERN BRANCH TO MEET IN DENVER

The Western Branch of the American Public Health Association will hold its eleventh annual meeting in Denver, Colorado, June 23 to 27, inclusive. The program is arranged to bring together speakers of national importance and a large attendance of members of the American Public Health Association throughout western states is anticipated.

Inquiries relative to the program or other details should be addressed to Dr. A. L. Beaghtler, Director of Health Service, Denver Public Schools, or to W. F. Higby, Secretary of the Western Branch of the American Public Health Association, at 45 Second Street, San Francisco.

FIRE-DAMAGED PRUNES

A lot of fire-damaged prunes totaling 5,400,000 pounds held in quarantine because of fire damage was sorted over. A damaged portion amounting to 731,000 pounds was determined unfit for human consumption and was sold for hog feed. The remainder was salvaged after being processed under supervision of the bureau.

INVESTIGATIONS INTO INDUSTRIAL HAZARDS

During the month, studies were made of toxic gases and fumes in a plant in which zinc oxide is manufactured from zinc ore and galvanizing tank dross. An investigation of dermatitis among employees exposed to pyrethrum powder, which is widely used in the manufacture of insecticides, revealed that only a small percentage of all workers exposed to this material develop skin and respiratory disorders, and that the condition is based on allergy or hypersensitivity of the affected individuals.

A motion picture company has requested that studies be made of the potential health hazard to which employees are subjected by the inhalation of dust from rock wool material during the insulation of soundproof stages. Quantitative atmospheric dust determinations will be made in this company's studios while the soundproofing work is in progress. Samples of the insulating material have been obtained for laboratory analysis.

FOOD PRODUCTS DESTROYED

During April 30,000 gallons of wine unfit for human consumption was distilled and 3000 gallons converted into vinegar; 731,000 pounds of dried prunes were converted into hog feed, and 21,000 pounds of cocoa were burned. In addition, canned foods, olive oil and assorted drugs were destroyed because of unfitness for human consumption.

MANY PREMARITAL AND PRENATAL TESTS

During the month 6345 premarital tests and 10,770 prenatal tests were performed. Since the laws requiring the tests went into effect, 49,399 premarital tests and 67,980 prenatal tests have been performed. The percentage of positives were 1.86 and 1.88, respectively. During the first six months that the Premarital Examination Law was in effect, marriages declined more than 36 per cent over a corresponding period of last year.

SILICA DUST STUDIES

The management of a glass factory requested assistance to determine the possible exposure of employees to a silicosis hazard. It was determined that the concentration of free silica dust present in the atmosphere at the breathing level of workers is within safe limits.

Similar studies were made at the request of a plant manufacturing flooring material.

BIRTH REGISTRATION TEST

At the request of the U. S. Bureau of the Census, the California State Department of Public Health has provided that federal agency with copies of all birth certificates filed in California during the months of December, 1939, and January, February and March of 1940. These transcriptions were made upon special cards and they will be used in a birth registration test.

Census Bureau enumerators, who covered the state during April, carried with them a special form upon which they recorded the names of all infants who had been born during the four months mentioned above. These records will be matched against the reported births, in order to determine the efficiency of birth registration within the state. It is hoped that California may be able to maintain its enviable record in the registration of births.

Local registrars of vital statistics throughout the state will be interested in learning the results of the test as soon as they may become available, which will probably not be before October, 1940. No similar opportunities such as this for studying the problem of unregistered births has been available for a considerable length of time.

The Census Bureau hopes to be able to analyze all the figures in regard to births, together with other census material and issue reports by counties for the entire United States. In order that more detailed data may be available for each individual county, special transcriptions of infant death records for the same period have also been made for the United States Bureau of the Census. Infant deaths will be matched against births in Washington on a project which will last for about one year. The data will be tabulated and complete analyses provided.

It is probable that birth certificates have been filed for all infants in California who died during the period covered by the test. Matching these records, however, will reveal any discrepancies that may occur.

MARINE DAMAGE

A fire-damaged cargo of foodstuffs was held in quarantine. It consisted mainly of baking soda, cocoa, drugs and miscellaneous food items. More than 175,000 pounds of reconditioned products were salvaged and the remainder destroyed.

Few things are more important to a community than the health of its women. If strong is the frame of the mother, says a proverb, the son will give laws to the people. And in nations where all men give laws, all men need mothers of strong frames.—T. W. Higginson.

MORBIDITY

Complete Reports for Following Diseases for Week Ending
May 25, 1940

Chickenpox

597 cases: Alameda County 1, Alameda 12, Albany 1, Berkeley 13, Hayward 2, Oakland 53, San Leandro 4, Oroville 6, Calaveras County 4, Contra Costa County 2, Concord 2, Pittsburg 1, Fresno County 21, Fresno 18, Kern County 11, Bakersfield 1, Kings County 1, Hanford 2, Los Angeles County 66, Alhambra 5, Azusa 1, Burbank 4, Compton 9, Culver City 1, Glendale 10, Huntington Park 5, Inglewood 2, Long Beach 19, Los Angeles 49, Pasadena 1, Pomona 1, San Gabriel 2, San Marino 4, Santa Monica 1, South Pasadena 4, Torrance 1, Lynwood 2, South Gate 3, Monterey Park 3, Signal Hill 1, Madera County 21, Marin County 1, Merced County 2, Monterey County 1, Salinas 1, Orange County 15, Anaheim 2, Santa Ana 7, Laguna Beach 5, Roseville 2, Riverside County 1, Riverside 1, Sacramento County 2, Sacramento 6, North Sacramento 4, San Bernardino 1, San Diego County 5, Chula Vista 1, National City 4, San Diego 17, San Francisco 77, San Joaquin County 4, Stockton 4, Burlingame 2, Daly City 2, Santa Barbara County 5, Santa Barbara 2, Palo Alto 16, San Jose 4, Santa Cruz 2, Shasta County 1, Siskiyou County 1, Solano County 1, Sonoma County 8, Petaluma 2, Stanislaus County 2, Modesto 2, Dinuba 6, Ventura County 2, Santa Paula 1, Ventura 1, Winters 1, Yuba County 1, Marysville 2.

Diphtheria

15 cases: Los Angeles County 1, Compton 1, Los Angeles 1, Sacramento 1, San Benito County 1, Stockton 1, Sonoma County 6, Santa Rosa 1, Stanislaus County 2.

German Measles

23 cases: Berkeley 1, Fresno County 1, Fresno 1, Inyo County 2, Burbank 1, Long Beach 5, Los Angeles 2, Fullerton 1, Santa Ana 1, Riverside 1, San Diego 2, San Francisco 1, San Joaquin County 2, Santa Cruz 1, Ventura 1.

Influenza

69 cases: Los Angeles County 2, Glendora 1, Inglewood 1, Long Beach 1, Los Angeles 5, South Gate 1, Merced County 2, Anaheim 1, Tustin 1, Roseville 14, Coronado 1, San Francisco 1, Sonoma County 5, Tulare County 11, Dinuba 22.

Malaria

3 cases: Kern County 1, Winters 2.

Measles

303 cases: Albany 2, Berkeley 1, Oakland 5, Calaveras County 2, Contra Costa County 4, Antioch 4, Walnut Creek 1, Fresno County 13, Fresno 11, Kern County 23, Bakersfield 41, Kings County 1, Hanford 5, Los Angeles County 5, Glendale 2, Los Angeles 21, Montebello 1, San Fernando 1, San Gabriel 1, Madera County 1, Grass Valley 1, Orange County 22, Fullerton 1, Roseville 1, Sacramento 9, San Bernardino 1, San Diego County 7, Coronado 1, San Diego 24, San Francisco 12, San Joaquin County 14, Lodi 1, Stockton 3, San Luis Obispo 7, San Mateo County 1, Santa Barbara 1, Santa Clara County 1, San Jose 8, Siskiyou County 2, Vallejo 2, Sonoma County 3, Stanislaus County 9, Modesto 5, Sutter County 1, Tehama County 1, Tulare County 1, Porterville 1, Ventura County 2, Yolo County 1, Davis 1, Winters 14.

Mumps

514 cases: Alameda County 2, Alameda 9, Oakland 10, San Leandro 1, Fresno County 12, Clovis 1, Fresno 3, Kern County 20, Bakersfield 24, Delano 1, Kings County 2, Hanford 14, Los Angeles County 33, Arcadia 2, Compton 4, El Monte 1, Glendale 18, Long Beach 35, Los Angeles 31, Pasadena 4, Pomona 21, San Fernando 9, Santa Monica 2, Vernon 1, Whittier 1, Torrance 3, South Gate 1, Monterey Park 1, Signal Hill 6, Gardena 2, Madera County 6, Monterey County 3, Orange County 6, Anaheim 17, Fullerton 13, Orange 4, Santa Ana 1, Roseville 1, Riverside County 1, Riverside 2, Indio 1, Sacramento 1, San Diego County 1, San Diego 8, San Francisco 63, San Joaquin County 16, Manteca 4, Stockton 4, San Luis Obispo County 5, Paso Robles 13, San Luis Obispo 2, Redwood City 1, Burlingame 2, San Bruno 1, San Mateo 6, Atherton 1, San Carlos 1, Menlo Park 2, Santa Barbara County 3, Santa Maria 9, Santa Clara County 18, Palo Alto 4, San Jose 1, Sunnyvale 1, Yreka 4, Santa Rosa 1, Stanislaus County 2, Turlock 1, Sutter County 4, Ventura County 1, Woodland 1, Yuba County 2, Marysville 2.

Pneumonia (Lobar)

32 cases: Oakland 1, Calaveras County 1, Antioch 1, Los Angeles County 6, Glendale 1, Long Beach 2, Los Angeles 9, Pasadena 1, Pomona 1, Redondo 1, Bell 1, Madera 1, Orange County 1, San Diego 1, San Francisco 2, Ventura County 1, Santa Paula 1.

Scarlet Fever

125 cases: Alameda 1, Albany 1, Oakland 1, San Leandro 2, Butte County 3, Colusa County 1, Contra Costa County 1, El Cerrito 1, Pittsburg 1, Glenn County 1, Humboldt County 2, Kern County 3, Corcoran 1, Hanford 1, Los Angeles County 18, Alhambra 1, Compton 1, El Monte 1, Glendale 1, Long Beach 2, Los Angeles 19, Pomona 2, Santa Monica 1, South Pasadena 1, Lynwood 1, Madera County 2, Merced County 1, Monterey 2, Roseville 5, Riverside County 6, Riverside 3, Sacramento 1, San

Diego County 1, La Mesa 1, National City 1, San Diego 4, San Francisco 11, San Joaquin County 3, Stockton 2, Tracy 1, Santa Barbara 2, Sonoma County 1, Tulare County 1, Exeter 1, Lindsay 1, Sonoma 1, Ventura County 3, Santa Paula 1, Yolo County 1, Winters 1.

Smallpox

One case: Chico.

Typhoid Fever

6 cases: Oakland 1, Kern County 1, Los Angeles County 1, Los Angeles 1, Beaumont 1, San Joaquin County 1.

Whooping Cough

516 cases: Alameda County 6, Alameda 14, Hayward 1, Oakland 7, Fresno County 7, Fresno 10, Kern County 27, Bakersfield 6, Delano 3, Kings County 3, Corcoran 2, Hanford 9, Los Angeles County 52, Alhambra 2, Avalon 6, Burbank 4, Compton 1, Glendale 1, Huntington Park 1, La Verne 1, Los Angeles 56, Monrovia 3, Montebello 1, Pasadena 6, Pomona 8, San Gabriel 1, San Marino 1, Santa Monica 1, South Pasadena 2, Whittier 1, Torrance 8, Lynwood 1, Hawthorne 1, Maywood 1, Bell 4, Merced County 1, Monterey County 27, King City 1, Monterey 1, Salinas 4, Orange County 2, Anaheim 14, Santa Ana 4, Placentia 4, Roseville 5, Riverside County 3, Sacramento County 3, Sacramento 17, San Diego 6, San Francisco 33, San Joaquin County 11, Manteca 1, Stockton 4, Tracy 1, San Luis Obispo County 3, Menlo Park 1, Santa Barbara County 1, Lompoc 1, Santa Barbara 3, Santa Maria 11, Santa Clara County 24, Los Gatos 1, Palo Alto 1, San Jose 13, Santa Cruz County 1, Santa Cruz 9, Watsonville 1, Sonoma County 11, Santa Rosa 9, Stanislaus County 5, Modesto 7, Turlock 2, Tulare County 7, Dinuba 1, Ventura County 2, Yuba County 2.

Dysentery (Amoebic)

One case: Monterey County.

Dysentery (Bacillary)

10 cases: Los Angeles County 1, Los Angeles 3, Santa Barbara 1, Sonoma County 5.

Ophthalmia Neonatorum

One case: Santa Rosa.

Pellagra

3 cases: Sacramento 1, San Francisco 2.

Poliomyelitis

9 cases: Albany 1, Bishop 1, Los Angeles County 1, South Gate 2, Los Angeles 3, Stanislaus County 1.

Trachoma

2 cases: Fresno County 1, Los Angeles 1.

Beriberi

One case: San Francisco.

Encephalitis (Epidemic)

One case: San Francisco.

Paratyphoid Fever

One case: San Francisco.

Jaundice (Epidemic)

One case: Humboldt County.

Undulant Fever

4 cases: Fresno County 1, Compton 1, Oxnard 1, Marysville 1.

Septic Sore Throat

4 cases: Berkeley 1, King City 1, Santa Ana 2.

Epilepsy

72 cases: Berkeley 3, Oakland 5, Fresno 1, Los Angeles County 34, Los Angeles 17, Pasadena 1, Redondo 1, Maywood 1, San Francisco 7, Sonoma County 2.

Rabies (Animal)

6 cases: Fresno 1, Monterey County 2, San Mateo County 1, Burlingame 2.

University of California
Medical Library,
3rd & Parnassus Aves.,
San Francisco, Calif.